



Is it time to talk about your mental health?

If you struggle with mental health difficulties, you can have good days and bad days. Support from **Able Futures** can help you have more good days.

Able Futures delivers the **Access to Work Mental Health Support Service** on behalf of the Department for Work and Pensions to help if you're experiencing issues that are affecting your mental health at work. We can help you cope with anxiety, depression, grief or stress, and deal with problems such as illness, disrupted sleep, debt or relationship breakdowns.

Able Futures supports mental health at work for employees and apprentices aged 16 and over. Support is available over the phone, through email and face-to-face meetings and at a time and place to suit you. There is no cost to use this service, no waiting list and it's completely confidential.

Talk to Able Futures

Freephone **0800 321 3137**

8am to 10.30pm Monday to Friday

www.able-futures.co.uk

Able Futures delivers the Access to Work Mental Health Support Service and is led by Ingeus UK Ltd

**_able
futures**

In
partnership
with



**Department
for Work &
Pensions**